



Healthy Eating & Weight Loss

Apple Muesli

- 7 medium sweet apples, sliced
- 1/2 dried cranberries or raisins
- 2 tablespoons evaporated cane juice (can use raw sugar if you cannot find cane juice)
- 2 cups Muesli cereal
- 2/3 cup brown rice or whole wheat flour
- 1/2 cup walnuts
- 2 tablespoons flax seeds, ground
- 2 teaspoons cinnamon
- 6 tablespoons canola oil
- 4 tablespoons maple syrup

Preheat oven to 375 degrees. Place apples, cranberries (or raisins) in lightly oiled 9x13 baking dish. Sprinkle with cane juice(or raw sugar) Combine remaining ingredients and press over apple mixtures. Bake for 45 minutes or until golden and bubbling.

Serve as either breakfast or even dessert.

Makes 8 servings.

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